



BOYS & GIRLS CLUB OF BOONE COUNTY

7th 8th Grade BASKETBALL RULES

These are the rules of the league that will be upheld during the season, so please read and understand, if you have any questions, please contact me at the Club.

Playing Time

- Equal playing time should be given to all players during the season.
- (10 kids; all play four, 5 minute sessions)
- (9 kids; four play five, 5 minutes sessions; five play four, 5 minute sessions)
- (8 kids; all play five, 5 minutes sessions)
- All players should start games multiple times.
- With the exception of injury, departure, or ejection, any team that does not honor this rule will be docked 10 points at the end of the game.
- Free substitutions at any dead ball.

Practices

- All practice schedules must be cleared with the Athletic Director at the Boys and Girls Club.

General

- This is an instructional competitive basketball league with focus being on teaching the game of basketball to all participants. Except as indicated below, Jr. NBA and USA basketball rules apply.

Coaches

- We use volunteer basketball coaches. Any coach or parent displaying unsportsmanlike conduct will be given a warning the first time, and a technical the second occurrence. If the problem persists, the coach or parent will be asked to leave the facility. A coach receiving one technical will not be allowed to coach the team the remainder of the game. Any coach found displaying unsportsmanlike conduct will not be allowed to coach, following the season and in the future at the Boys and Girls Club.

Quarters

- 4 quarters of 10 minutes in length. Clock will only stop for timeouts and injuries, as well as on every dead ball during the last 2 minutes of the game.
- 1 minutes between quarters and 2 minutes between halves.
- Overtime will be 2 minutes, 1 minute and sudden death.

Timeouts

- 3-full timeouts per game (one minute each)
- 1 for overtime. (one minute)
- Timeouts do not carryover.

Rules

- Bonus free throws go into effect on the 7th team foul of each half. Two shots on the 10th team foul of the half. Two shots for all deliberate fouls and technical fouls called.
- Lane violations will be 3 seconds.
- Ten second rule applies.
- Free throw line will be 15 ft.
- 29.5" basketball is used
- Each player is allowed 5 personal fouls

Defenses

- Half court is man-to-man defense only

Pressing

Teams may press the last minute of the 1st half and last minute of the game.

There will be no games/practices on days when school has been cancelled. If school is closed on Friday, call the Club for an update or check the club's website

www.bgcboone.org

TEACH THE FUNDAMENTALS AND HAVE FUN!!!